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HEALTH CANADA PRESIDES OVER BIRTH OF BILLION-DOLLAR FREE MARKET IN MEDICAL MARIJUANA

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Canadians held in Egypt get 45 more days

Families appeal to PM for help getting pair released

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HGTV's Hottest Star to Appear at the Edmonton Fall Home Show!



Scott McGillivray

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Residents sent fleeing from blaze

Under construction.
Fire officials estimate damage at \$17 million


RYAN TUMILTY
ryan.tumilty@metronews.ca

A four-storey condominium complex under construction burned to the ground Sunday in a massive blaze that left homes all around the site damaged.

The fire broke out around 2 a.m. at the complex located on the southwest edge of the city in the Rutherford neighbourhood. Fire officials estimated the damage at \$17 million for the site alone, not including heat damage to neighbouring homes.

Felix Vizcarra said when he first woke up to his dog barking, the fire was relatively small, but it grew incredibly quickly.

"I grabbed the phone and called 911 and by the time I finished talking to them, not even three minutes, it was like matchsticks," he said.

Matwichuk said it was very challenging and it's fortunate no one was injured.

"We were dealing with numerous propane tanks and other combustibles that were on scene," he said. "It was an extremely difficult fire to fight."

the siding melted off. He said embers were falling all over when he fled his house, but luckily they didn't hit his home.

"They were just flying, but somehow we were a bit lucky because the wind was blowing westward," he said.

Stacey Chuchmuchi lived directly across the street from the complex and was likewise stunned at the spread of the fire. "I was up at like 1:30 and there was nothing and about 2:05 my dog woke me up," she said. "I looked out the window and the building in front of us was completely engulfed."

District Chief Dave Matwichuk said it would be some time before firefighters could determine what caused the blaze. "We will be on scene probably investigating this, probably for weeks to come," he said.

The three-alarm blaze brought more than 15 trucks and about 85 firefighters to the site.

Matwichuk said it was very challenging and it's fortunate no one was injured.

"We were dealing with numerous propane tanks and other combustibles that were on scene," he said. "It was an extremely difficult fire to fight."



The fire completely consumed the complex, which was still under construction and required a three-alarm response from firefighters. Inset: The massive blaze was visible all over south Edmonton Sunday morning as residents could see the towering flames and hear the explosion of propane tanks on the site. RYAN TUMILTY/METRO; INSET: COURTESY KYLE DUNCAN

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With rising labour costs being a major factor in the city's budget, we asked the three leading candidates for mayor if they were concerned, and how they would manage the issue.

RYAN TUMILTY/METRO

Kerry Diotte



"I think it may be time to look at middle management or the ratio of management to staffers. I think we have to be very careful when we start talking about front-line workers because for all we know we may need more," said Diotte. "Front-line workers are gold — what else can I say?"

Karen Leibovici



"We have had many of our best employees recruited by the private sector, so we have to make sure we are competitive with the private sector. We also have to understand that there are limits to what we can provide," Leibovici said.

Don Iveson



"The cost of labour in Northern Alberta is going up for everybody and we compete in that same market," said Iveson, adding he would like to hear from city employees on ways the city can save money.



City workers clean up a campsite in one of Edmonton's parks. The next mayor will face several negotiations as the city works on agreements with its unions.

COURTESY CITY OF EDMONTON

Paying for people

Labour costs. Most of city budget made up of wages, salaries



RYAN TUMILTY

ryan.tumilty@metronews.ca

Roughly 58 cents of every tax dollar that flows into the city's coffers pays someone's wages, according to the city budget.

Be it police officers, pothole-repair crews or lifeguards at city pools, most of Edmonton's dollars go toward paying for people.

Earlier this year, Mayor

Stephen Mandel said one of the biggest challenges his successor would have to face is the rising cost of the city's labour force.

"The time has come for government employees to accept the fact that they have been remunerated very well over the last number of years and we need to regain control over the cost of our cities," he said in July.

Scott Hennig, with the Canadian Taxpayers Federation, agrees with Mandel and said in large part labour negotiations set the city's tax rates.

"The tax bill was determined during the last round of negotiations with the union," he said.

Rising costs

- There are just over 11,000 people on the city's payroll, including the police and other agencies.
- The provincial government recently instituted salary freezes for many of its employees.

Hennig argues the city could take a tougher line with its unions and still attract high-quality staff — even in Alberta's tough labour market.

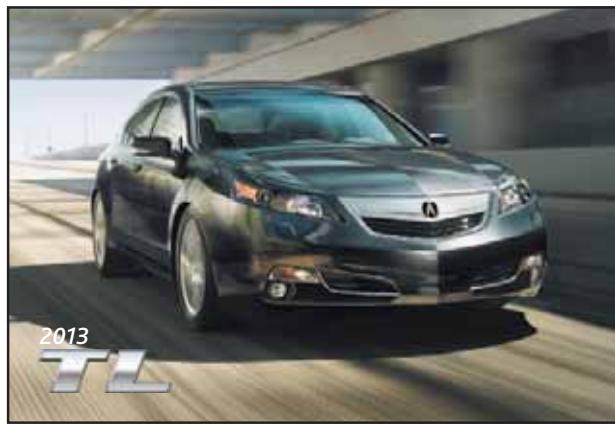
Mike Scott, president of

CUPE Local 30, which represents the city's outside workers, said city workers, be they mechanics, labourers or other workers, have plenty of other options.

He said any push to freeze wages or play tough with civic unions would only push workers to private-sector jobs.

"If they do that we're going to see a reduction in staff. And then who is left to do the work?" he said.

Scott said the city's workers have a good relationship with city management and he believes city taxpayers don't mind paying taxes if it means they get good services, which is what he says the workers provide.



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NEWS

Standing on guard for cops killed in line of duty

Police and Peace Officers' Memorial Day. Family and fellow members gather to honour those who made the ultimate sacrifice

Police and peace officers from across the province gathered at the legislature grounds Sunday to remember fallen comrades at the 15th annual Police and Peace Officers' Memorial Day.

Last August, High River peace officer Rod Lazenby was reporting to a dog complaint when he was assaulted and killed. This year's memorial drew at least a dozen family members to remember their son, father and brother.

"We come to remember peace officers as a family — my dad won't ever be forgotten," said Lazenby's daughter Meghan McLean.

"It's an appreciation but also recognition of the loss," said Lazenby's brother Bryan.

Names of the fallen were read aloud while members of government, police and families laid wreaths at the Pillar of Strength memorial.

Lakeshore Regional Police Service Chief Dale Cox said driving five hours from the Lesser Slave Lake area to attend the ceremony is important.

Quiet memorial

- The last Sunday of September commemorates Alberta police and peace officers who have died on the job. Ninety-seven have died between 1876 and 2013 — 19 since the memorial day began 15 years ago.
- Unveiled on the south legislature grounds in 2006, the Pillar of Strength memorial monument features an eternal flame and bronze peace doves etched with the names of fallen officers.

"We all do the same type of job in this uniform. I've lost colleagues — it's a very important day to be a part of," said Cox.

Representing the Alberta Association of Chiefs of Police, Edmonton Chief Rod Knecht said officers are kindred spirits with a camaraderie that forever ties them together.

"Officers do their work quietly, without fanfare to protect our way of life," said Knecht. "Courage and vigilance are constant traits for those who wear the uniform. We will not take it for granted."

LUCY HAINES/FOR METRO



Dorothy Lazenby looks for her son Rod's name as she lays a flower in his memory at the Pillar of Strength memorial monument. Lazenby died in the line of duty in 2012. LUCY HAINES/FOR METRO

Edmonton falls behind Calgary on cancer risk

Calgarians expose themselves to significantly less cancer risk than Edmontonians in nearly every category of a new study, except drinking and work-related activity levels.

"Calgary does well not just relative to Edmonton but compared to the other cities in Canada," said Rami Rahal, director of system performance

with the Canadian Partnership Against Cancer.

The group published the report, Population Health in Canada's Largest Cities, on Monday, and Rahal said the differences between Alberta's two largest cities was "striking."

Out of 26 metropolitan areas, Calgary ranked between fifth and ninth in five categories

related to smoking and smoke exposure, for example, while Edmonton ranked between 16th and 21st.

Edmonton residents had lower alcohol-related cancer risks, however, with the city placing sixth in the category of residents who consume no alcohol and 11th in terms of drinking within World Cancer

Research Fund guidelines. Calgary, by contrast, ranked 10th and 21st, respectively, in those categories.

Edmontonians also ranked second in terms of overall activity in leisure, work and transportation but 15th in terms of being "very active" in leisure time.

Calgary's rankings were al-

most the inverse: 16th in total activity but 6th in "very active" leisure activity.

Rahal said lifestyle choices can result in a "significant number of avoided deaths" in a population.

"Thirty per cent of cancer deaths can be avoided by eliminating smoking," he said.

ROBSON FLETCHER/METRO IN CALGARY

Bam! Pow! Comic Expo scores a knockout

Holy happening, Batman! The Edmonton Comic and Entertainment Expo wrapped up its second annual event with thousands more fans and triple the exhibit space. Now there are plans to have it expand at warp-speed next year.

"We want to grow this as big as it'll go but in a controlled way," said event director Kandrix Foong, who also runs the Calgary Comic & Entertainment Expo.

Foong said headliners, such as Ron Perlman from the popular TV show Sons of Anarchy and Christopher Lloyd from the '80s classic Back to the Future flicks, drew big crowds as expected, but the artist's alley, featuring 150 local and international artists from every medium, was also popular.

Bob Layton, co-creator of Iron Man, was fully booked for sketches, photos and chats with fans of his comic books and movies in his first visit to the city's expo. "Edmonton has amazing people — I like keeping in touch with the Canadian fan-base."

First time expo attendee Jonathan Pruden, wearing an Odin costume from Thor, said he'll go one day with and one day without his costume next year. "I couldn't stand in lines for photos or autographs — too hot," he said. LUCY HAINES/FOR METRO



Jonathan Pruden sacrificed comfort to don his Odin costume from Thor at the expo. METRO



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Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency. Recent violence has led many to doubt that the government and military are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in Gubra.

Most schools in the area closed after militants in July

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were 18 to 22 years old.

killed 29 pupils and a teacher, burning some alive, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV and said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians.

THE ASSOCIATED PRESS

Kenya. Authorities make 12th arrest in mall siege as citizens demand info

Kenya's security services made another arrest Sunday in connection with the deadly Westgate mall attack, said a top official, who declined to say how authorities believe the person was involved.

Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference. He declined to say if any of those arrested had been in the mall during the attack.

The four-day siege left 67 people dead, according to officials. Two of the dead were Canadians. The Red Cross says 59 people remain missing, though the government puts that number at zero.

Kenyans have become increasingly frustrated over the government's unwillingness to share information about the attack. Almost no details have been released about what happened after the first hours of the siege.

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Scott
McGillivray



Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital, where the victims were taken.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant,

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up in a crowd of worshippers at a church, killing 85 people.

- On Friday, 19 people died when a bomb planted on a bus carrying government employees exploded in the Peshawar outskirts.

said relatives.

A bookshop owner, Nazar Ali, had just opened his shop when the bomb went off.

"It was a huge blast that was followed by fire in vehicles. Thick black smoke covered the air and splinters spread all over. I saw people lying dead and bleeding all over," he said.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik.

THE ASSOCIATED PRESS

Nearby front

United States continues drone strikes

Also in northwestern Pakistan, two missiles from an American drone hit a compound in North Waziristan

on Sunday, killing three militants affiliated with the Punjab province branch of the Pakistani Taliban, said two intelligence officers.

The Pakistan government condemned both the bomb blast and the drone attack.

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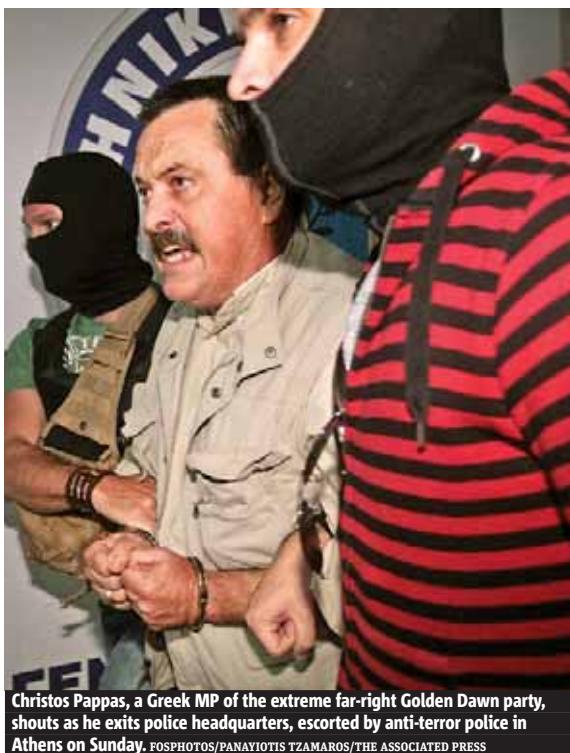
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Christos Pappas, a Greek MP of the extreme far-right Golden Dawn party, shouts as he exits police headquarters, escorted by anti-terror police in Athens on Sunday. **POSPHOTOS/PANAYIOTIS TZAMAROS/THE ASSOCIATED PRESS**

Greece cracks down on far-right Golden Dawn

Charged. Six Greek parliamentarians who belong to the extreme anti-immigrant party now in custody

A Greek lawmaker sought by police surrendered on Sunday, bringing to six the number of legislators from the extreme-right Golden Dawn party now in custody and accused of being members of a criminal organization with intent to commit crimes.

The government crackdown on the fiercely anti-immigrant party marks the first time since 1974 that sitting members of a Greek Parliament have been arrested. The arrests underline the government's efforts to stifle Golden Dawn, which has been increasingly on the defensive since the Sept. 17 fatal stabbing of a Greek man blamed on a Golden Dawn supporter. Thirteen Golden Dawn members and two police officers

'Long overdue'

Golden Dawn won only 0.29 per cent of the vote in a 2009 national election in Greece. But their popularity exploded as they capitalized on resentment over illegal immigrants.

- On Sunday, the European Jewish Congress welcomed the crackdown calling it "a long overdue move."

also have been taken into custody, and arrest warrants issued for 11 other suspects.

As he turned himself in at police headquarters in Athens on Sunday, Christos Pappas — a parliamentarian described as Golden Dawn's No. 2 official — condemned the crackdown on his party and the austerity measures imposed during the bailout of Greece's economy. Last year's election put 18 Golden Dawn members in the Greek parliament.

THE ASSOCIATED PRESS

Cyberattacks

U.K. to recruit hundreds to protect vital data

Britain's defence secretary says it is recruiting hundreds of experts for a new cyber force designed to protect the nation's vital data — and stage cyberattacks if necessary.

Philip Hammond says the Joint Cyber Reserve

Unit aims to boost Britain's offensive and defensive capabilities in an age of increasing threats from cyber espionage and cyber sabotage.

The defence minister said Sunday that the recruitment drive, to launch in October, will target military reservists and those leaving the armed forces. It will also welcome computer experts with no military experience.

THE ASSOCIATED PRESS

Israel warns the U.S.

Don't be fooled by Iran: Netanyahu

Mortified that the world may be warming up to Iran, Israeli Prime Minister Benjamin Netanyahu is taking an unpopular message to the White House and the United Nations this week: Don't be fooled by Tehran's new leadership.

Netanyahu contends Iran is using conciliatory

gestures as a smoke screen to conceal an unabated march toward a nuclear bomb.

He will deliver those strong words of caution — and fresh intelligence — in an attempt to persuade the U.S. to maintain tough economic sanctions and not allow the Islamic republic to develop a bomb or even move closer to becoming a nuclear threshold state.

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Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news

 **MIKE DONACHIE**
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed,



Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

they were not surprised.

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on

what their lawyers have said.

Although grateful for the help from the Canadian government, including direct representations by Foreign Affairs Minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The minister of foreign affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week."

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.



IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics.

DIMITRI MESSINIS/THE ASSOCIATED PRESS



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Russian court jails all Greenpeace activists

Held pending probe. No charges yet against activists but prosecutors considering charging them with piracy

A court in the northern Russian city of Murmansk on

Sunday sent all eight remaining Greenpeace activists to jail for two months, showing no leniency toward any of the 30 people detained for a protest at a drilling platform in Arctic waters.

Twenty activists — including Canadians Paul Douglas Ruzicki, of Port Colborne, Ont., and Montrealer Alexandre Paul — and two journalists were ordered jailed for

two months during a marathon court session on Thursday, but the court had ruled to hold the remaining eight only until new hearings could be held on Sunday.

The Russian Coast Guard disrupted an attempt on Sept. 18 by two of the activists to scale an offshore platform owned by Russian state-controlled energy giant Gazprom.

Greenpeace Russia cam-

paign director Ivan Blokov has described the seizure of the ship as "the most aggressive and hostile act" against the environmental organization since French government agents bombed the Rainbow Warrior ship in 1985, killing one man. Peter Willcox, an American who captained the Rainbow Warrior, also is the captain of the Arctic Sunrise.

THE ASSOCIATED PRESS



Protesters demonstrate in front of the Russian Embassy in Bern, Switzerland, Sunday in support of jailed activists. PETER KLAUNZER-KEystone/THE ASSOCIATED PRESS

Italy. Berlusconi softens brinkmanship stance after angering key allies

Former premier Silvio Berlusconi appeared to backpedal Sunday in his strategy aimed at collapsing Italy's fragile coalition government and triggering early elections, after some key supporters chafed at his order to quit cabinet.

In online comments, Berlusconi said he would continue to back the governing coalition but only to pass specific measures on his party's agenda, namely averting an imminent increase in Italy's sales tax and the elimination of a homeowners' tax due in December.

Berlusconi had demanded those resignations in a show of solidarity ahead of a Senate vote to strip him of his seat because of his tax-fraud conviction and prison sentence.

In a rare challenge, three of Berlusconi's five ministers in Premier Enrico Letta's government indicated they might help Letta survive the

Senate seat

Italy's top criminal court in August upheld a tax-fraud conviction against Berlusconi and upheld his four-year prison sentence.

- In 2012, Parliament passed a law requiring anyone sentenced to more than two years to be banned from public office for six years.
- On Friday, the Senate committee is expected to vote to strip him of his seat because of that law. The entire Senate must then vote on whether he loses his seat.

confidence vote he has called for Parliament to determine if the five-month-old government can endure.

THE ASSOCIATED PRESS

Hunger strike

Jailed Pussy Riot member sent to prison hospital

The husband of an imprisoned member of the Russian punk group Pussy Riot says she has been moved to a prison hospital on the seventh day of a hunger strike.

Nadezhda Tolokonnikova began the hunger strike on Sept. 23 to protest what she described as inhumane working conditions and threats to her life at a women's prison colony.

Her husband, Pyotr Verzilov, said she was hospitalized Sunday. He described this as a positive step.

THE ASSOCIATED PRESS

Trusted-traveller pact

Canada eyeing agreement with the Netherlands

Canadian and Dutch citizens would be able to visit each other's countries more easily under a plan to expand Canada's trusted-traveller programs beyond North America.

Canada and the Netherlands have been negotiating a bilateral agreement that would allow their citizens to apply to each other's programs for travellers considered to be a low security risk, records show. The initiative would be modelled on the current Nexus travellers program between Canada and the United States.

THE CANADIAN PRESS

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Charles Dickens' third son was an Alberta Mountie

Lesser Expectations.

Author of a new book on Dickens' son says the great writer wasn't much of a father

Charles Dickens was one of England's most-respected writers during the 19th century, but he wasn't much of a father, and that may have had an impact — even a small one — on Canadian history, says the author of a new historical novel that focuses on the younger Dickens' life as a Mountie.

Veteran journalist Vic Parsons of Victoria recently self-published *Lesser Expectations: Charles Dickens' Son in North America*, which explores the father-son dynamic between the respected writer and his third son and fifth child, Francis.

Based on years of research, including time in the nation-

Francis Dickens

"What I've tried to do ... is to try to say, you know, this was kind of a guy who came from greatness in a sense ...that Charles was a very popular writer, well known, and his children never ... led up to his own expectations."

Journalist Vic Parsons of Victoria recently self-published *Lesser Expectations: Charles Dickens' Son in North America*.

al archives in Ottawa, Parsons said he has concluded Dickens wasn't a great dad and only two of his sons, excluding Francis, likely ever met his great expectations.

Parsons said he believes because of that poor relationship, Francis grew into a man who was reticent to take charge, especially as a commissioned officer in the



Lesser Expectations
CHARLES DICKENS' SON IN NORTH AMERICA

North West Mounted Police.

Parsons pointed to one incident while Francis was posted to Blackfoot Crossing, southeast of present-day Calgary.

He had joined the North West Mounted Police, the precursor to the Royal Canadian Mounted Police, in 1874 after time in India with the Bengal Mounted Police.

While at Blackfoot Crossing, Francis arrested a man named Bull Elk, a member of the Blackfoot, who had fired his rifle during a dispute over the sale of a cow's head.

After a short investigation, Francis decided Bull Elk should stand trial at Fort Macleod, west of present-day Lethbridge, on a charge of attempted murder.

But a crowd of about 700 Blackfoot warriors, some wearing war paint, formed outside the police building.

Francis called for the chief and decided to turn Bull Elk over to the native leader instead. However, his superior officer was upset at this and sent 20 police to seize Bull Elk and place him on trial. Bull Elk was subsequently found guilty of attempted murder.

A tombstone over the grave of Francis says: "Third son of the author Charles Dickens."

THE CANADIAN PRESS



Police dads remembered

Kayleb Pineo, 11, and his mother, Natasha, son and widow of RCMP Const. Derek Pineo, attend the Canadian Police and Peace Officers Memorial Service on Parliament Hill Sunday. Const. Pineo was killed in the line of duty in Saskatchewan in 2012. FRED CHARTRAND/THE CANADIAN PRESS

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Medical marijuana supply to be reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

The Conservative government is launching a \$1.3-billion free market in medical marijuana this Tuesday, eventually provid-

ing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized

weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market mari-

juana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licenced to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

THE CANADIAN PRESS



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Canadian satellite could hold big payoff for GPS industry

The aurora borealis may look pretty as it dances across the northern sky, but a Canadian satellite is about to study a nasty side lurking behind that beauty.

The small hybrid satellite, with a multi-purpose mission, blasted off on Sunday from Vandenberg in California on board a Falcon 9 rocket developed by SpaceX, a

commercial space company.

The satellite will take a closer look at the Earth's upper atmosphere and allow scientists to collect new data on space storms.

Greg Enno, of the University of Calgary, says the CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) satellite will study the effect of solar storms on radio

communications, satellite navigation and other ground-based technologies.

Why is that important? "Because the sun sends out big plumes of energy from its surface and they wallop our atmosphere and its magnetic field and affect GPS users — especially aircraft," Enno said. "It actually changes their position. And that's one

of the reasons why we can't use GPS to land aircraft."

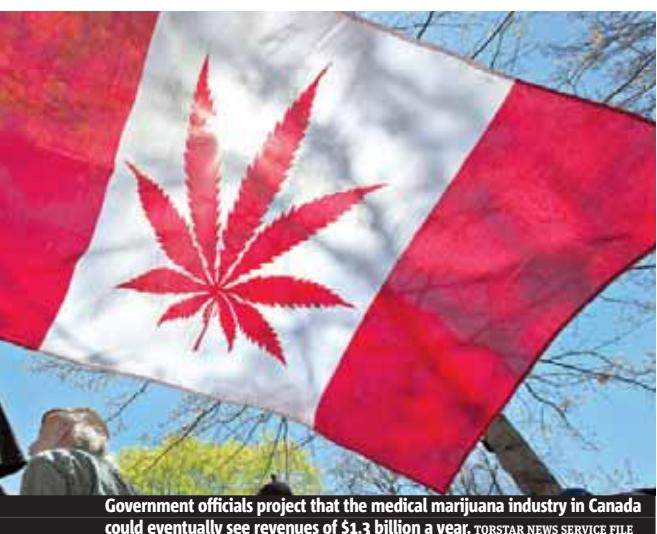
When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like hydroelectricity systems and GPS users. In 1989, they caused a blackout in Quebec for several days.

Enno said data collected by CASSIOPE during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth.

"The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also Hydro

people because they don't want to be surprised and have a network go down," Enno said.

CASSIOPE's science mission, which was developed by 10 Canadian universities, will also study the workings of the atmosphere, which has been losing mostly hydrogen and helium gases — and oxygen. THE CANADIAN PRESS



By the numbers

- Current number of medical marijuana users approved by Health Canada: 37,359, up from 477 in 2002
- Number of patients with personal licences to grow marijuana for themselves: 25,600 (ends March 31, 2014)
- Number of growers licenced to produce marijuana for a maximum of two patients each: 4,200 (ends March 31, 2014)
- Current number of entrepreneur applications to grow medical marijuana under new rules allowing larger facilities: 156
- Health Canada's current price for medical marijuana produced under contract: \$5 a gram (government sales end March 31, 2014)
- Health Canada's projection of profitable private-sector price in 2014 after the new free-market kicks in: \$7.60
- Projection of average price as market matures in several years: \$8.80

Retail. Grocery wars heating up with mergers, competition

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto. For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and new entrants into the

once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph, Ont.

The grocery market has undergone big changes recently, with discount retailers Walmart and new entrant Target duking it out in the food aisles with established grocers.

The increased competition has prompted big players to get even bigger, with Loblaw's moving to take over Shoppers Drug Mart and Sobeys' announcing plans to merge with Safeway. **TORSTAR NEWS SERVICE**

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Ad campaign

Girl Scouts try recruiting via social media

The Girl Scouts of the USA is launching an unorthodox recruitment campaign featuring Michelle Obama, aimed at reversing a long-running decline in participation by girls

and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl



Michelle Obama
THE ASSOCIATED PRESS

Scout councils directly target elementary-school girls with promises of adventuresome fun.

The first lady is pitching in with a video in which she lauds the contributions of the Girl Scouts and urges adults to find the time to help out.

"In order to bring the fun to more girls, Girl Scouts need you to volunteer," she says. "You can

show girls that anything is possible. You can inspire them to dream bigger and go further than they ever imagined."

Obama, like other first ladies since 1917, serves as the Girl Scouts' honorary national president.

The upbeat campaign launch follows a trying stretch for the Girl Scouts, who celebrated their centennial in 2012 but

have confronted multiple difficulties this year. These include a deficit-strapped pension plan, rifts over the direction of Girl Scout programming and revenue shortfalls that prompted the national headquarters to trim about one-fourth of its staff through buyouts and layoffs.

Overshadowing all the problems is the steady decline in membership

— a trend also buffeting other national youth organizations as children turn to other after-school and weekend diversions. The Girl Scouts today have about 2.2 million youth members, down from nearly 2.9 million in 2003. Over the same span, the ranks of adult volunteers have dwindled from 986,000 to 890,000.

THE ASSOCIATED PRESS



A baby's foot.

Mere inches in length, it is formed by twenty-six bones, thirty-three joints, and five little piggies. Endlessly scrunched, kicked, tickled, bitten, and gently pressed against paper for keepsake footprints. It is truly one of the most precious parts of the infant's body. But as the foot becomes that of an adult, it will become steadier and stronger. Then, it will accomplish more intricate actions, like walking past those in need, butting ahead in lineups, and slamming on the brakes to cut off other drivers. It's time we used our feet for a better purpose again. To find out how, visit [people for good.ca](http://peopleforgood.ca). After all, no one is born bad. Let's all get back to good.



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MAGIC POOL OF PET PROJECT MONEY

It is amazing what captures the attention of politicians. Last week it was clearing sidewalks of snow. Kerry Diotte says we should clear them all. Karen Leibovici says we should do it for seniors who can't do it for themselves. Don Iveson says it will cost too much money to clean all the sidewalks, but he will increase the road and sidewalk budget by 25 per cent.

Leibovici just doesn't get it. No matter how clean my ancient sidewalk is, there is always ice on it because it has tilted and when snow melts, the water has no place to go. It's also uneven and has some major cracks. Those things will help enable a frail senior to fall and break a hip when she gets to my place.

For many seniors, a broken hip is a ticket to the mortuary. But even if she manages to navigate the sidewalk, the ice ruts on my street pose an even bigger threat. Hey, but at least she won't get a fine for not clearing



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

her sidewalks.

So here is the message Leibovici is sending: Restrict your movements to the front of your house if you are a senior or anybody else with mobility or frailty issues. Or better still, stay inside all winter and walk very, very carefully during the other months.

Iveson says it would be too expensive and there is no magic pool of money to pay for city-wide sidewalk clearing.

Was there a magic pool of money that was used to come up with \$9 million for the Indy? Was the same magic pool used to fund EdmontonStories for \$3 million? Was there a magic pool of money that provided almost \$1 million for Make Something Edmonton?

Oh, yes, there was a magic pool of money, but it has all been allocated to the arena and various pet projects, apparently. Why would we want to waste our magic money on such mundane things as making sure our sidewalks

Wasted on the mundane?

Oh, yes, there was a magic pool of money, but it has all been allocated to the arena and various pet projects, apparently. Why would we want to waste our magic money on such mundane things as making sure our sidewalks and roads are cleared? Who would benefit by that besides you and me?

and roads are cleared? Who would benefit by that besides you and me?

Apparently only the city's elite have the right to reach into the magic money bag to get their pet projects funded.

There has been lots of talk about a bright future for Edmonton from our mayoral candidates. But keep in mind that the future of Edmonton will be built on the foundation of the present.

ZOOM

Space oddity: Noctis Labyrinthus



COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system.

METRO



Valles Marineris stretches east-west just below Mars's equator.

COURTESY NASA

The grand, grand, grand canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast.

METRO

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon.

METRO



HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.



CONTRIBUTED

Polar Pen:
With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:
Again with the "world's first," this 3D printer claims to be among the cheapest (\$100) and smallest 3D printers (that also doubles as a scanner). The

pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:
From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and \$13,000 up, these Toronto-based designers are at 45 per cent of the \$30,000 goal.

Comments

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarter the Border Guards up and treat us with respect. The same goes for the Can-

adian Border Guards, they too are in need of smartening up pills.

Dinorex, posted to metronews.ca

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly news-worthy. **Guesswhosback, posted to metronews.ca**

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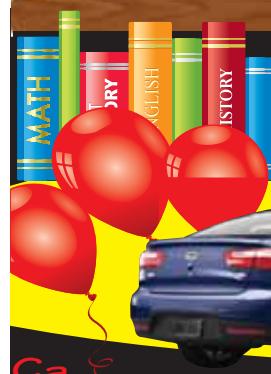
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SCENE 2

18

SCENE

metronews.ca
Monday, September 30, 2013

iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I Walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted — a mix of old hits and songs from his upcoming album The 20/20 Experience — Part 2, which drops today. **ELISHA DACEY/METRO**

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON — AND STREAMING ONLINE IN HD — THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. PT. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers



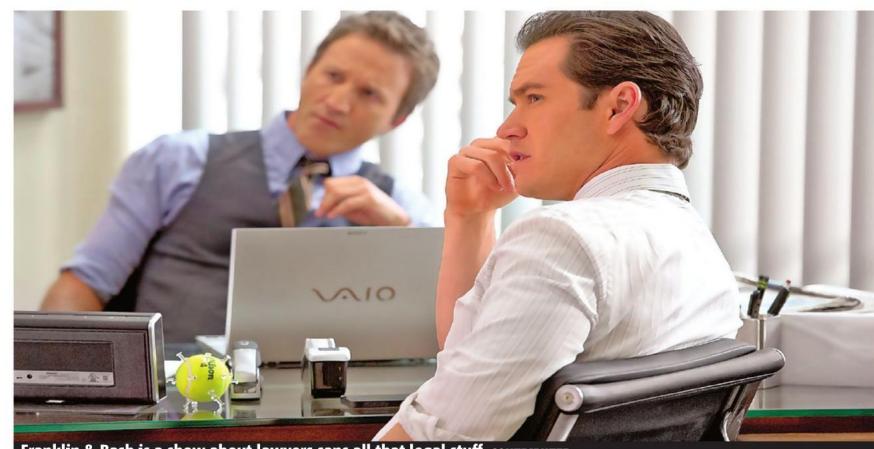
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Metro World News in Hollywood

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort



Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

of the same dynamic. Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of

trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're com-

Show

Where can you watch

- Channel. Franklin & Bash airs Mondays on Bravo.

pletely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None. Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail." ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.



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Orenstein's own tale helps carry the Package

Rarity. Sitcom adopting rare Canadian style of filming in front of live audience was spawned from Toronto native's own family experience

In Canada, a live, studio audience sitcom taping is a rarity. One of the most popular ones, CBC's *The King of Kensington*, aired in the '70s. Suddenly, however, a couple of Canadian comedies are venturing forth with the same four-camera, live studio audience format that has worked in Hollywood in shows ranging from *I Love Lucy* to *The Big Bang Theory*.

Toronto audiences lined up earlier this year to see tapings of Dave Foley's new comedy *Spun Out*, airing later this season on CTV. In Vancouver, the bleachers were filled for tapings of *Package Deal*, which premieres tonight on City. The series stars Randal Edwards (*The Killing*, *The Best Years*) as a young lawyer named Danny who has just met the love of his life, Kim (Julia Voth). He also has a great loft apartment, which is where his two goofy brothers, played by comedians Harland Williams and Jay Malone, like to crash. Eugene Levy and Pamela Anderson add a little star power in recurring roles.

The underlying premise of the series: will Kim be cool with this three-brother package deal? It's all somewhat based on a period of time in the life of creator/executive producer Andrew Orenstein.

"This is a show about me and my stepbrother," says Orenstein, who grew up in To-



Package Deal's cast pose in a Toronto hotel. THE CANADIAN PRESS

ronto but moved to Los Angeles when he took a chance on a career writing for television. He went on to become a writer and producer on several hit U.S. sitcoms, including *3rd Rock from the Sun*, *Malcolm in the Middle* and *Everybody Hates Chris*. More recently, he was behind the CBC sitcom *18 to Life*.

Orenstein's stepbrother is ten years older. He's basically the Harland Williams character in *Package Deal*, "but don't tell him that," says the producer.

"When I started dating my wife, I would talk about my brother in reverential tones," he says. When she finally met the older sibling, he wasn't quite the superman Orenstein had made him out to be.

Orenstein learned he had a blind spot when it came to his brother. He took a closer look at the sibling rivalry between his own two sons and, voila, a sitcom was born.

Williams has turned out to be the perfect older brother in more ways than one. He's the only cast member who has experience in four-camera sit-

coms, starring in *Simon* (1995-96) and as part of the ensemble in *The Geena Davis Show* (2000-01). "I played Geena's sidekick in that one," he says, "and here I am back in the motherland."

Edwards says Williams is valued not just for his sitcom experience but also for his great sense of play. "I think of Harland as this giant rabbit, with these big, padded boxing gloves, and he's just Boom! Boom! Boom!-drumming on you all day," says Edwards.

"Everything that comes out of his mouth is funny," he adds. "When you look at him, he gives you this persona that you think you're going to get, and then what comes out of him-he's so intelligent, so quick."

Edwards is even more impressed with Williams when the cast ventures out in public. "He's the most genuinely humble celebrity I've ever met. This is the guy who has been put in front of me to say, this is how you treat people with respect in this business."

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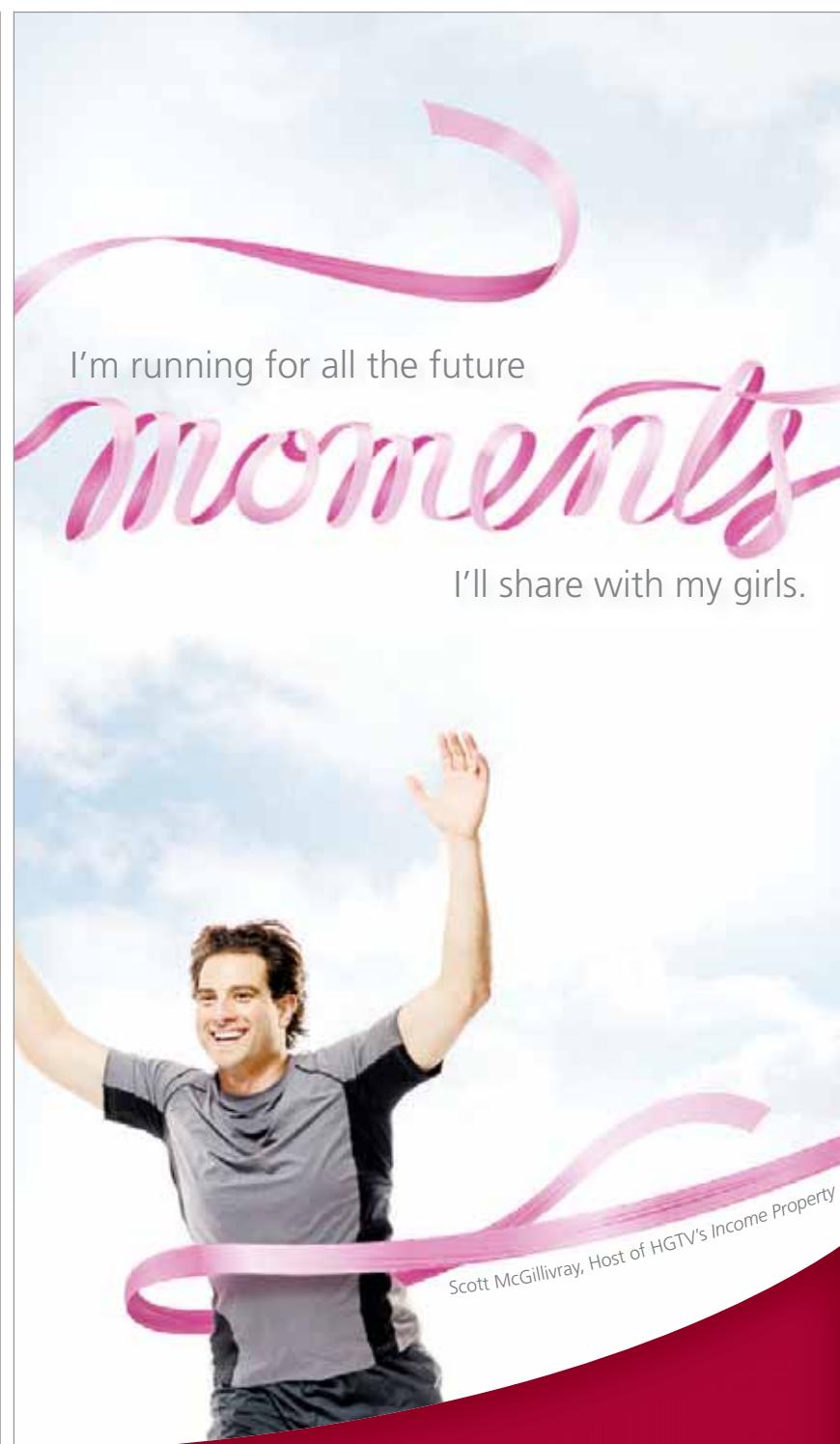
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Scott McGillivray, Host of HGTV's Income Property

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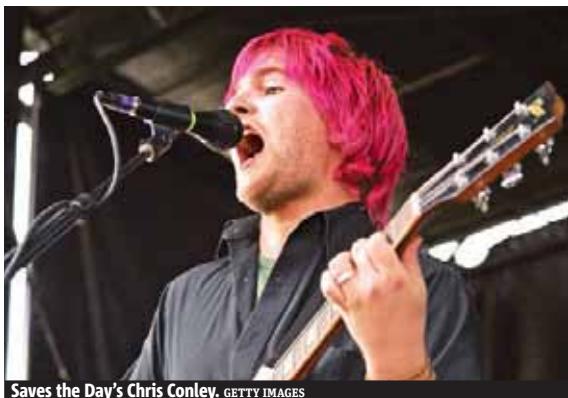
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Saves the Day's Chris Conley. GETTY IMAGES

You're in luck angsty teenagers

Emo isn't dead. At least not according to Saves the Day's Chris Conley, who's been in the business of making emotive, yank-on-your-exposed heart strings music for just about two decades.

In fact, if you ask Conley, emo — a genre that's seen countless evolutions and reincarnations (some great, some terrible, depending on who you're talking to) throughout the late '90s and early aughts — is making a resurgence.

"(There are) a lot of new bands coming along that have that same spirit, that authenticity, and honesty and good songwriting," he says. "You see a lot of bands coming up that have that sound, like they listen to music of the '90s now, so maybe it goes in waves. I think that honest music is making a comeback for sure."

As for any residual stigma

associated with the angriest genre around, he thinks that it's on the decline.

"I think some of the negative connotations might be disappearing," he says. "I think that the phase of the haircuts is probably over, where the band's MySpace profile picture mattered more than their first demo. It seems like that's gone, I think people see through it."

If anyone would know, it would be Conley.

The only remaining founding member of one of emo's definitive bands, he's stuck with it through eight studio albums and a revolving door of bandmates through which almost 20 members have come and gone.

It's all been worth it though, he says, because there's nothing else he'd rather be doing. Their self titled album is out now.

ALEXANDRA CAVALLO/MWN

Moby aiming for his imperfect perfection

New album. The electronic musician isn't afraid of working outside the box on his latest effort — a collaborative album called the *Innocents*

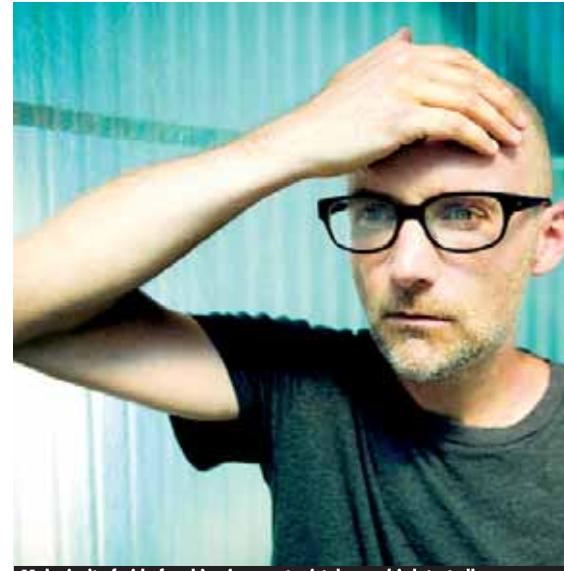
New music from Moby is a relative thing.

The veteran DJ notes his latest 12-track disc is set for release tomorrow but was completed way back in February — an eternity in this day-and-age of instant releases geared to capitalize on-of-the-moment trends.

But that's just how Moby operates, and the 48-year-old electronic musician makes no bones about the fact that *Innocents* sounds nothing like the bombastic pop songs that dominate current charts.

"I'm not the target audience for it, you know, I'm not 13, but so much music today — and I'm not even saying this as a criticism, it's just more a statement of fact — it's crafted and disingenuous," Moby said earlier this summer during a promotional stop in Toronto.

"It's expressing emotion and sentiment that people think will work well on the radio."



Moby isn't afraid of making innocent mistakes on his latest album. CONTRIB.

Commercial success is clearly of little concern.

What Moby does cherish is a meticulously crafted album, and with *Innocents* he admitted to stepping outside of his normal routine "to genuinely collaborate with people."

For the first time in his career, he relied on a co-producer — Mark (Spike) Stent, who has worked with Lady Gaga, Madonna and Maroon 5 — and sought co-writers including Toronto's

Cold Specks, Flaming Lips frontman Wayne Coyne, past Moby vocalist Inyang Bassey and Queens of the Stone Age collaborator Mark Lanegan.

"In the past when I've had singers on my record, usually it's singers I've brought in to sing songs that I've written and this time I wanted to see what it would be like to send someone an instrumental and have them write all the lyrics and vocal melodies without any direction from

Not a teen

"I'm not the target audience for it, you know, I'm not 13."

Moby
Talking about music today

me and just see what they come up with," he said.

"When I would send someone an instrumental and they sent back their vocals and the lyrics and vocal melodies, almost in every instance, the results were really great."

Canuck songstress Cold Specks helmed the first single released over the summer, the atmospheric *A Case for Shame*.

Moby gushes over the uniquely mournful qualities in her voice, noting he met her on the recommendation of Mute Records founder Daniel Miller.

"There are these sort of qualities to her voice, there's like a darkness but an innocence, and very unconventional beauty," said Moby, adding that they connected over shared love of austere, plaintive blues music.

"She's not classically trained so she'll sing intervals that most singers wouldn't sing but she somehow makes them sound great."

THE CANADIAN PRESS

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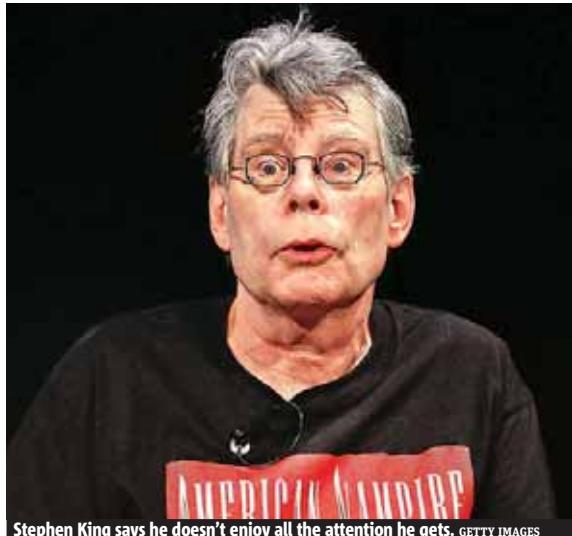
Doctor Sleep would keep Stephen King up at night

Interview. The Shining sequel Doctor Sleep offered interesting challenge for author of one of the defining literary works of this generation

Pop culture consumes authors, musicians and actors and quickly moves on. Only a few have staying power, and Stephen King is one of those rare figures. With the release last week of Doctor Sleep, his much anticipated sequel to The Shining, the 66-year-old King continues to release and inspire new projects more than four decades after he first started to scare the bejeezus out of everybody. King spoke about how he approached the tricky task of writing Doctor Sleep.

Writing a sequel to a beloved book so many years later had to be tricky. How did you approach it?

When I went into it I thought to myself, if I do this I can probably never satisfy the expectations of the audience because so many people who read The Shining, I got them while they were young and malleable, they were young adults, teenagers. I meet people all the time who say, 'That book scared the s--- out of me,' and I'll say, 'How old were you when you read



Stephen King says he doesn't enjoy all the attention he gets. GETTY IMAGES

the book or saw the movie?' and they'll say 16. And if you were 16 then, you're probably 50 now and a little bit case hardened when it comes to scary things. I was curious. I wanted to see what happens to Danny Torrance, so I took my shot.

What do you think of the book now that you're done with it?

I like it. I think it's pretty good. I kind of approached it with the idea of it's a movie sequel where the story's supposed to be different but it's supposed to have the elements of the original that were successful, and I

thought that's a real challenge. Let me see if I can do something that's really good, that has some of the elements that scared people in The Shining and create a story that's entirely on its own and that people could pick up and read even if they never read The Shining in their life. It was fun to take the shot.

That's going to be one of the literary events of 2013. Do you enjoy the attention of moments like those?

The short answer is no, I really don't know how to cope with that.

THE ASSOCIATED PRESS

Gunther von Hagens'

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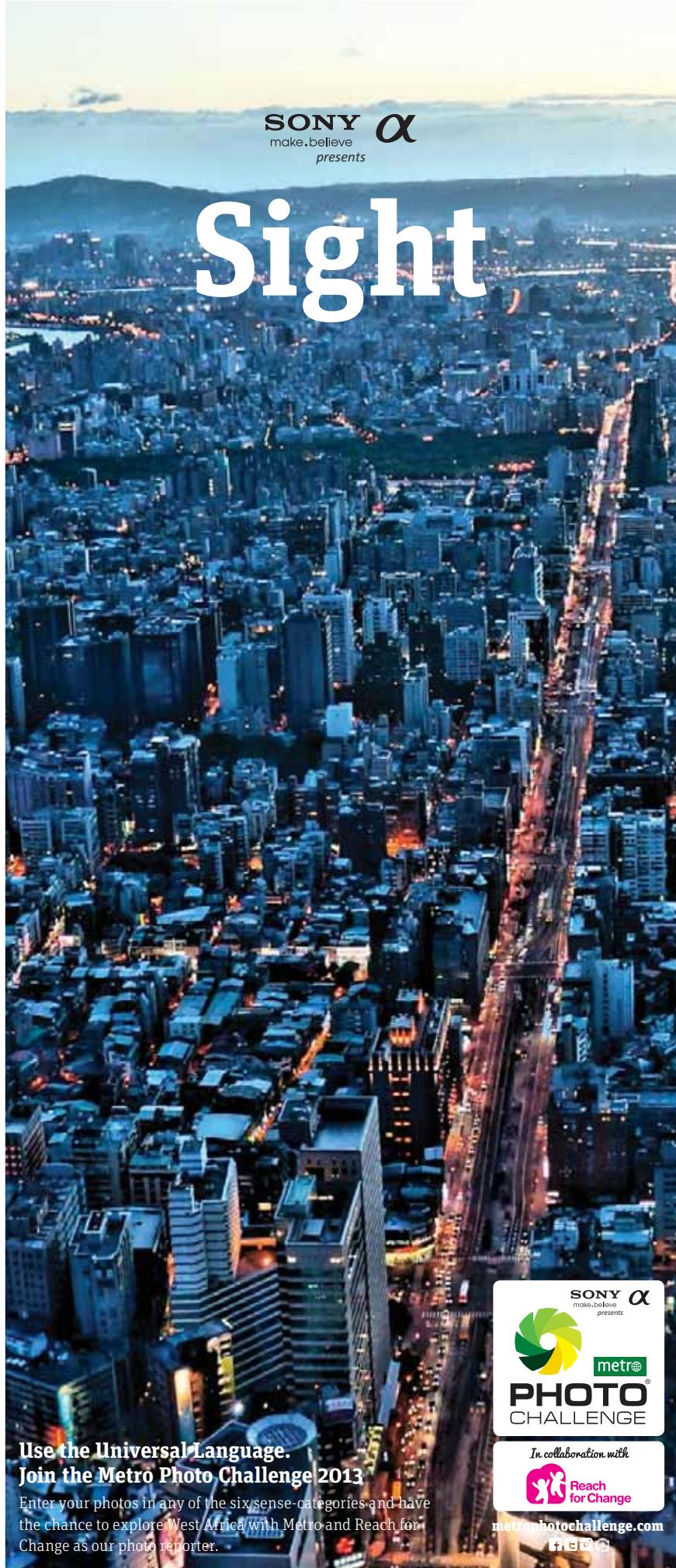
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Jon Hamm

Words keeping co stars Radcliffe and Hamm close

How do *A Young Doctor's Notebook* co-stars Jon Hamm and Daniel Radcliffe keep in touch? With the mobile game *Words with Friends*, Hamm tells E! News. "Because that's basically the 21st century way

of staying in touch," he says. "He's wildly intelligent and super-funny and super-talented. I like to have people in my life who are all three of these things."



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OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week



Bieber lays down the law while Gaga bickers online



STAR GAZING

Malene Arpe
scene@metronews.ca

on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Lady Gaga and Adam Levine get into a Twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.



Miley Cyrus ALL IMAGES GETTY

Funny gal Wilson finds out that jokes don't twerk well for Miley's people

Maybe Miley Cyrus doesn't have that much of a sense of humour about her public image in the wake of her MTV Video Music Awards performance. Rebel Wilson says she was set to introduce Cyrus at the iHeartRadio Music Festival in Las Vegas last week but bristled at having her material censored. "Their management got a copy of

my jokes of what I was going to say, and I was banned from saying the jokes," Wilson tells Jimmy Kimmel during an interview. Britney Spears ended up welcoming Cyrus to the stage. "But the jokes weren't that bad," Wilson insists. "It was like, 'Miley Cyrus got to the top through her raw talent and hard twerk.' It wasn't even that bad."

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Forty-eight per cent of children aged 11 and older have a cellphone. iSTOCK

Book excerpt

Smartphone vs. kids



IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

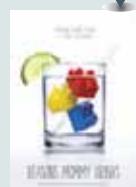
Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can

use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to ask me to do something, I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just

because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCLELLAND & STEWART 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

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The McCafé is a parent's play place. Find out why with exclusive Metro content from Lynda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.



Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — *How's Your Family Really Doing?* — they say are needed to create lasting bonds.

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same

questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

Just listen

Tip

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." **METRO**

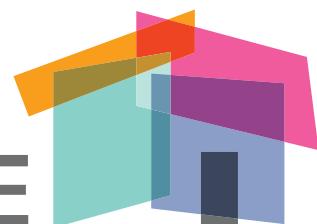


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Bye-bye barbecue season: Chicken kebabs with sauce

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken marinates.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. **THE ASSOCIATED PRESS**



This recipe serves four. **MATTHEW MEAD/ THE ASSOCIATED PRESS**

Lunch. Chicken and Cheddar Calzone



1. Preheat oven to 400 F (200 C). Line large-rimmed baking sheet with parchment paper. Dust work surface and top of pizza dough with flour. Cover dough with tea towel and let rest for 20 minutes.

2. Divide dough in half. On lightly floured surface and using fingers, stretch each half

into an oval. Using rolling pin, roll each piece to 12- x 10-inch (30- x 25 cm) oval. Transfer to prepared baking sheet.

3. Spread pizza sauce over lower half of each oval, leaving 1/2-inch (1 cm) border bare. Top with chicken, salami, tomatoes and Cheddar. Lightly brush edges with water; fold bare dough over filling, crimping edges to seal and dusting fingers with flour to prevent sticking. Using tip of scissors, cut three vent holes in top of each calzone. Using scissors, cut parchment paper between the two calzones and pull them apart on the sheet so they are spaced well apart.

4. Bake in lower third of oven 25 minutes or until evenly browned top and bottom. Cool 10 minutes before cutting each into three wedges.

Ingredients

- 1 pkg (680 g) prepared pizza dough, at room temperature
- All-purpose flour for dusting
- 1/2 cup (125 ml) pizza sauce
- Half 500 g-pkg PC Chicken Breast Strips, cut in thin strips
- 3 slices PC Genoa Salami, chopped
- 10 cherry tomatoes, cut in half
- 1 cup (250 ml) PC Triple Shredded Cheddar

PRESIDENT'S CHOICE

Sweet on you: Sweet Tea-Brined and Grilled Chicken

Don't worry — the chicken doesn't taste like iced tea. But it is juicy and well-seasoned. And if you like lemon chicken, grill a couple of sliced lemon halves and squirt the warm juice over the chicken just before serving. Or for a tropical twist on the brine, substitute green tea for the black tea, and apricot nectar for the lemonade.

1. In saucepan over high heat, combine water, salt, sugar and cinnamon stick. Bring to boil, stirring to dissolve sugar and salt. Cool until just warm.

2. Add frozen lemonade and tea, then stir well. Add lemon slices and ice. Stir well. Add chicken to brine, then cover and refrigerate for at least 1 hour and up to 3 hours.

3. When ready to cook, prepare a gas or charcoal grill for medium, indirect cooking. On a charcoal grill, this means banking coals to one side and cooking on the cooler side. On a gas grill, turn off burners in one area and cook chicken there.

4. Remove chicken from brine. Pat it dry with paper towels, then brush lightly all over with oil. Arrange chicken on grill grate, bone side down. Cover and grill for 45 minutes, or until meat reaches 170 F at thickest part. There is no need to turn the chicken during cooking.

5. Remove chicken from grill and let it rest 10 minutes before serving. If grilling lemons, do this while chicken rests. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Ingredients

- 4 cups hot water
- 1 cup kosher salt
- 1/2 cup granulated sugar
- 1 cinnamon stick
- 12-oz can frozen lemonade concentrate
- 4 cups strong freshly brewed black tea, cooled
- 1 lemon, cut into slices
- 6 cups ice
- 8 bone-in chicken thighs
- Olive oil

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on Twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. **PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)**



Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat

Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.



Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.



Roasted Garlic Caesar Salad entree size with Chicken Breast

625 calories/ 45 g fat

At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.



This recipe serves eight. **MATTHEW MEAD/ THE ASSOCIATED PRESS**

To the lecture hall or the locker room?

Working it out.

Hit a home run by perfecting a strong school-sport balance

BRUCE
WALSH
Metro World News

Every fall thousands of student athletes discover they must walk a tightrope between academic and athletic pressures — often with a year-to-year scholarship on the line. As the 2013-14 athletic calendar kicks off, we checked in with student athletes both past and present for advice on coping with the tougher side of their experience.

Welch Suggs

Sport: Track and field

School: Rhodes College

Current position: Professor of sports journalism at the University of Georgia

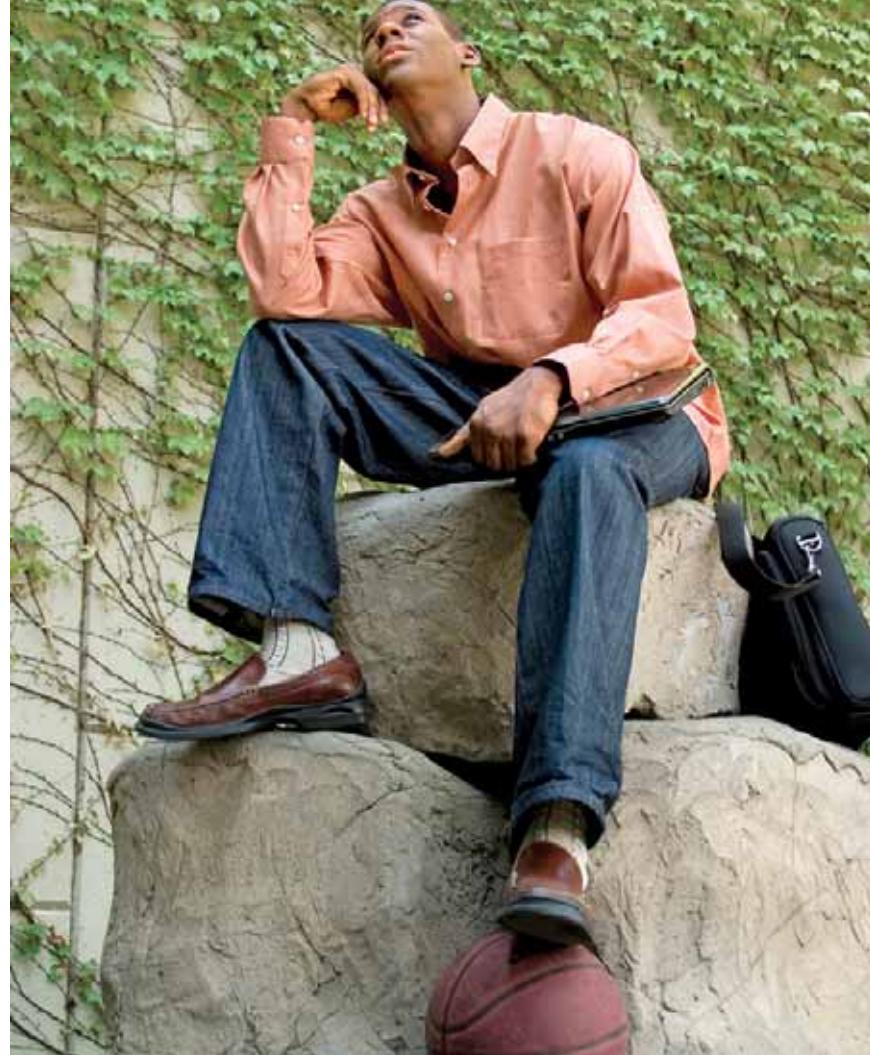
Career highlight: Author of the book, *A Place On the Team*

What do you wish all athletes knew before they arrived on campus?

That college athletics are a business, and that is the primary motivator of nearly all the adults surrounding them. That means the schedule may be unfair, and your scholarship may be adjusted. Most athletes aren't prepared for that. It's not the most nurturing atmosphere in the world.

Where can athletes go for help and advice?

It varies from campus to campus, but usually there



As an athlete, staying on the ball during school days is made easier by thoroughly understanding what you're signing on for beforehand. iSTOCK

are academic advisers who are willing to advocate for athletes. The catch-22 is that people outside of varsity sports usually don't understand the pressures

on the inside.

Emily Dorko

Sport: Softball and volleyball

School: Adelphi University

Current position: MBA graduate student

Career highlight: .495 bat-

ting average in 2013, multiple academic awards

Leaving one for the team

At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.

Karen Weaver
Professor of sports management

they want the scholarship, the coach is in charge. That's why it's so important to thoroughly understand the commitment.

Karen Weaver

Sport: Field hockey

School: Lock Haven University

Current position: Professor of sports management, Drexel University

Career highlight: Coached Salisbury University to an NCAA Championship in 1986

What do you wish all athletes knew before they arrived on campus?

At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.

Career highlight: Led the 2012-13 Hawks with 92 assists

What do you wish you knew before you became a student athlete?

I wish I knew the team and the coaches a little better before I arrived. I only visited once. It was a big adjustment when I got here.

Where can athletes go for help and advice?

I'm not really sure. But even if I knew, I'm not sure I would reach out in that way. I like to just kind of keep to myself.



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LESSONS FROM
THE DESERT

Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite-size chunks.

After I signed up to run the Gobi desert, I had to start ... running. I asked people who should know



Focus not on the path, but the prints you're leaving along the way.
ISTOCK

for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Right Training, Wrong Job?

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A new set of rules to rule the working world of now

The career ain't gonna come to you.

Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News

In today's economy, you need to create your own career path instead of relying on a company to create one for you.

You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world. Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead.

Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.

Your job description is just the beginning

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

Your reputation is the single greatest asset you have

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public

How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how

you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

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4 SPORTS



Patriots knock Falcons off their perch to go 4-0

Falcons cornerback Robert Alford tackles Patriots wide receiver Josh Boyce on Sunday night in Atlanta. Tom Brady threw for 316 yards and two touchdowns as the Patriots held off a furious Atlanta comeback, beating the Falcons 30-23 to improve to 4-0 for the first time since their near-perfect season in 2007.

JOHN BAZEMORE/THE ASSOCIATED PRESS

Hometown proud: Ference gets Oilers' 'C'

NHL. Edmonton native gives young club a much-needed veteran with 'experience in winning'

The Edmonton Oilers named defenceman Andrew Ference their new team captain on Sunday, making him the 14th in franchise history.

The 34-year-old Ference is entering his 14th NHL season and his first with the Oilers.

"To know that I'm able to

come back to my hometown and be so extremely proud to pull on the jersey, letter or not, I know how fortunate I am to have that kind of a path in a career like this," said Ference to media after practice on Sunday.

Drafted in the eighth round of the 1997 entry draft, the five-foot-11, 189-pound defenceman has 37 goals, 156 assists and 645 penalty minutes in 760 career games.

The Edmonton native has spent time with the Pittsburgh Penguins, Calgary Flames and Boston Bruins throughout his NHL career.

He helped Boston to its sixth Stanley Cup championship in 2011.

"I think it's great. He has a lot of experience in winning and that's important for our group. We don't really have a lot of that, especially with the young guys here," said forward Taylor Hall. "He's come in, he's really taken charge.

"Off-ice and on-ice he's a great player and a good guy, so I think it's the right move for us."

Ference also served as an alternate captain with the Bruins for the past two seasons. **THE CANADIAN PRESS**



Andrew Ference will be wearing the captain's "C" when the Oilers open their season against the Winnipeg Jets on Tuesday night.

GETTY IMAGES FILE

CFL

Simon hauls in receptions record

Geroy Simon is the CFL's all-time receptions king.

The Saskatchewan Roughriders slotback made the 1,018th catch of his 15-year career when he hauled in a seven-yard pass from Darian Durant nearly 10 minutes into the first quarter of the Roughriders' 17-12 loss to the Montreal Alouettes. **THE CANADIAN PRESS**

MLB

Ex-Jays pitcher tosses no-hitter vs. toothless Tigers

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

After Alvarez finished off the ninth with the game scoreless, he had to wait to see if it would become an official no-hitter. A Major League Baseball ruling in 1991 said only complete games of nine or more innings with no hits would count.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter. **THE ASSOCIATED PRESS**



Henderson Alvarez
THE ASSOCIATED PRESS

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Texas Rangers starting pitcher Yu Darvish works against the Los Angeles Angels on Sunday in Arlington, Texas. The Rangers won 6-2 to force a tiebreaker for the final AL wild card spot. TONY GUTIERREZ/THE ASSOCIATED PRESS

MLB

Disappointing Jays end season with more questions

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre for a 4-1 loss to Cleveland.

Fast-forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

THE CANADIAN PRESS

NHL. Teams fill up the waiver wire as young stud Drouin sent back to Moose

Randy Carlyle saw it coming.

"I would predict that Sunday will be a big day on the waiver wire," the Toronto Maple Leafs coach said.

It was exactly that, as 37 players were placed on waivers around the NHL, including Leafs defenceman John-Michael Liles, Detroit Red Wings forward Cory Emmerton, Winnipeg Jets defenceman Adam Pardy and Chicago Blackhawks defenceman Ryan Stanton. Countless other moves came on a busy day before Monday's 5 p.m. roster deadline.

At that time, every team must be under the \$64.3-million salary-cap ceiling with 23 or fewer players. A handful of teams spent the pre-season over the cap, necessitating last-minute moves.

For some teams, like the Philadelphia Flyers with Chris Pronger and the Boston Bruins with Marc Savard, long-term injured reserve will alleviate cap problems. The New York Rangers could put winger Carl Hagelin on LTIR, as well.

But the Rangers' boldest move came Sunday with the demotion of prospect Chris Kreider, who did not make the team out of camp even under

The Leafs' Morgan Rielly may benefit from Sunday's waiver frenzy.

DAVID COOPER/TORSTAR NEWS SERVICE

new coach Alain Vigneault. New York also placed three players on waivers, including veterans Darroll Powe and Stu Bickel.

Another young star with NHL hopes will have to wait, as the Tampa Bay Lightning sent No. 3 overall pick Jonathan Drouin back to the Halifax Mooseheads of the QMJHL. Drouin could not beat out other prospects like 2008 seventh-rounder Ondrej Palat and 2009 second-rounder Richard Panik, who played 24 games for Tampa Bay last season.

THE CANADIAN PRESS

Rays, Rangers to settle AL wild card in tiebreaker

MLB. Texas to take on Rays Monday, with the winner playing Cleveland Wednesday

The Tampa Bay Rays and Texas Rangers are pushing this regular season to game No. 163.

On a Sunday punctuated by Miami's Henderson Alvarez pitching a no-hitter, Tampa Bay and Texas both won and wound up even, forcing a tiebreaker for the second AL wild-card spot.

Texas won its seventh in a row, downing the visiting Los Angeles Angels 6-2. Tampa Bay held on for a 7-6 win at Toronto.

The Rays will play at Texas on Monday night, with the

winner visiting Cleveland on Wednesday night in another all-or-nothing matchup.

Rangers rookie Martin Perez starts against reigning AL Cy Young winner David Price. Texas gets a boost, too — all-star slugger Nelson Cruz will be active after his 50-game penalty from Major League Baseball in the Biogenesis drug scandal.

"He's served his suspension," Rays star Evan Longoria said. "It is what it is. Justice has been served."

Asked if he expected to play, Cruz said, "I think so."

It will be baseball's first tiebreaker — officially, this is a regular-season game and the stats count — since Minnesota beat Detroit 6-5 in 12 innings for the 2009 AL Central title.

What was supposed to be the final day of the regular

In the hunt

"You can't say enough. Just the fight, the character of this team."

Rangers outfielder Craig Gentry

season began with the possibility of a three-way tie for a pair of AL wild-card spots.

Instead, Cleveland clinched its first post-season berth since 2007, winning 5-1 at Minnesota to finish at 92-70 and one game ahead of Texas and Tampa Bay as the top wild card.

The NL playoff scene is settled. Johnny Cueto starts for Cincinnati against Francisco Liriano and the Pirates at Pittsburgh on Tuesday night in the NL wild-card playoff.

THE ASSOCIATED PRESS

MLB

Cincinnati limps into NL wild-card showdown

Things were looking up for the Reds at the start of the week. They'd clinched a playoff spot and had a chance to win home-field advantage for their first playoff game.

Their hitting went away, and so did all of those hometown plans.

The Reds dropped their fifth game in a row Sunday, ending the regular season with a 4-2 loss to the Pittsburgh Pirates. Cincinnati's losing streak matched its longest of the season and cost the Reds a chance to host the NL wild-card game.

Instead, they'll head to PNC Park for a rematch with the Pirates on Tuesday.

"We've been beat up pretty good all week," manager Dusty Baker said. "What I'm hearing around here is: We've lost already. This isn't the way I wanted to get in, but how many teams are in? Five? We're one of the five."

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Boston	97	65	.599	—
Tampa Bay	91	71	.562	6
Baltimore	85	77	.525	12
New York	85	77	.525	12
Toronto	74	88	.457	23

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	93	69	.574	—
y-Cleveland	92	70	.568	1
Kansas City	86	76	.531	7
Minnesota	66	96	.407	27
Chicago	63	99	.389	30

WEST DIVISION

	W	L	Pct	GB
x-Oakland	96	66	.593	—
Texas	91	71	.562	5
Los Angeles	78	84	.481	18
Seattle	71	91	.438	25
Houston	51	111	.315	45

x-clinched division; y-clinched wild card

Sunday's results

Tampa Bay 7 Toronto 6

Baltimore 7 Boston 6

N.Y. Yankees 5 Houston 1 (14 inn.)

Kansas City 4 Chicago White Sox 1

Cleveland 5 Minnesota 1

Texas 6 L.A. Angels 2

Oakland 9 Seattle 0

Saturday's results

Texas 7 L.A. Angels 4

Cleveland 5 Minnesota 1

Toronto 7 Tampa Bay 2

Seattle 7 Oakland 5

Baltimore 6 Boston 5

N.Y. Yankees 2 Houston 1

Chicago White Sox 6 Kansas City 5

AL WILD CARD TIEBREAKER

Mondays game — All Times Eastern

Tampa Bay (Price 9-8) at Texas

(M.Perez 10-5), 8:07 p.m.

WILD CARD GAMES

Tuesday's game

NL: Cincinnati (Cueto 5-2) at Pittsburgh

(Liriano 16-8), 8:07 p.m.

Wednesday's game

AL: Tampa Bay-Texas winner at Cleveland, 8:07 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Atlanta	96	66	.599	—
Washington	86	76	.531	10
New York	74	88	.457	22
Philadelphia	73	89	.451	23
Miami	62	100	.383	34

CENTRAL DIVISION

	W	L	Pct	GB
x-St. Louis	97	65	.599	—
y-Pittsburgh	94	68	.580	3
y-Cincinnati	90	72	.556	7
Milwaukee	74	88	.457	23
Chicago	66	96	.407	31

WEST DIVISION

	W	L	Pct	GB
x-Los Angeles	92	70	.568	—
Arizona	81	81	.500	11
San Diego	76	86	.469	16
San Francisco	76	86	.469	16
Colorado	74	88	.457	18

Sunday's results

Miami 1 Detroit 0

N.Y. Mets 3 Milwaukee 2

Pittsburgh 4 Cincinnati 2

Atlanta 12 Philadelphia 5

St. Louis 4 Chicago Cubs 0

San Francisco 7 San Diego 6

Arizona 3 Washington 2

Colorado 2 L.A. Dodgers 1

Saturday's results

Pittsburgh 8 Cincinnati 3

San Diego 9 San Francisco 3

Milwaukee 4 N.Y. Mets 2 (10 inn.)

St. Louis 6 Chicago Cubs 2

Miami 2 Detroit 1 (10 inn.)

Philadelphia 5 Atlanta 4

Washington 2 Arizona 0

Colorado 1 L.A. Dodgers 0

DIVISION SERIES — BEST OF 5

AMERICAN LEAGUE

Oakland vs. Detroit

Boston vs. Cleveland-Tampa Bay-Texas

NATIONAL LEAGUE

Atlanta vs. Los Angeles

St. Louis vs. Cincinnati-Pittsburgh winner

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	342	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	13	10	3	0	408	312	20
B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

Sunday's result

Montreal 17 Saskatchewan 12

Saturday's results

Calgary 35 Hamilton 11

Toronto 34 Edmonton 22

NFL

WEEK 4

Sunday's results

Seattle 23 Houston 20

Kansas City 31 N.Y. Giants 7

Minnesota 34 Pittsburgh 27

Buffalo 23 Baltimore 20

Arizona 13 Tampa Bay 10

Cleveland

Horoscopes

♈ Aries

March 21 - April 20

Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus

April 21 - May 21

You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini

May 22 - June 21

The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer

June 22 - July 23

Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo

July 24 - Aug. 23

Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo

Aug. 24 - Sept. 23

Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra

Sept. 24 - Oct. 23

Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio

Oct. 24 - Nov. 22

Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius

Nov. 23 - Dec. 21

You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

♑ Capricorn

Dec. 22 - Jan. 20

Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

♒ Aquarius

Jan. 21 - Feb. 19

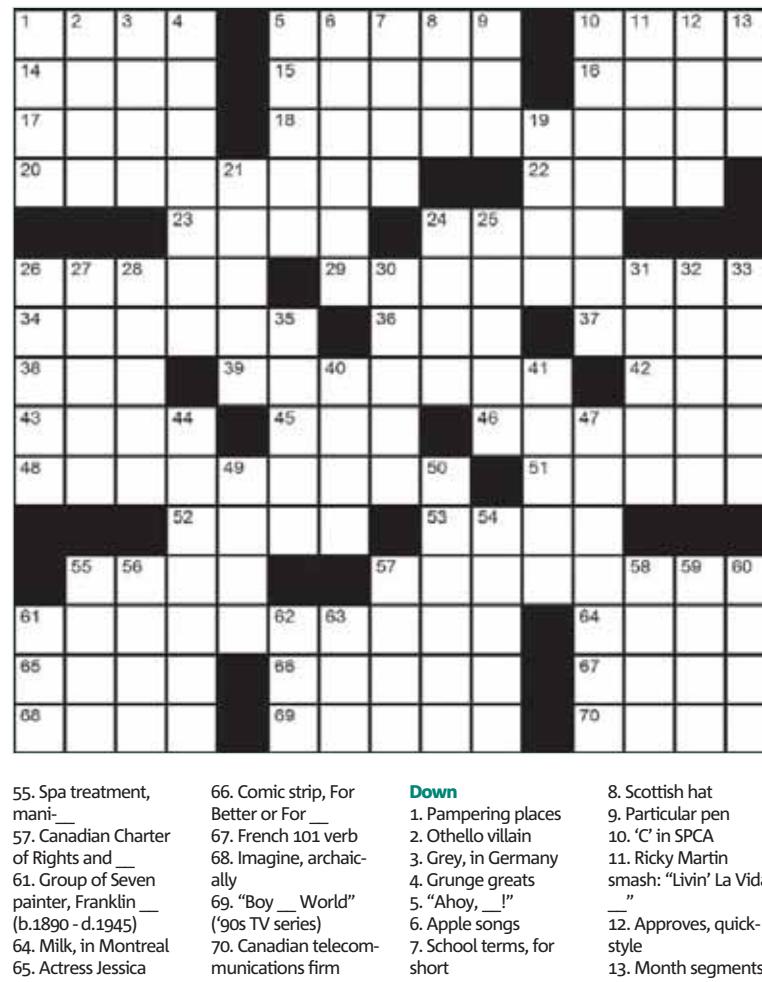
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces

Feb. 20 - March 20

If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. **SALLY BROMPTON**

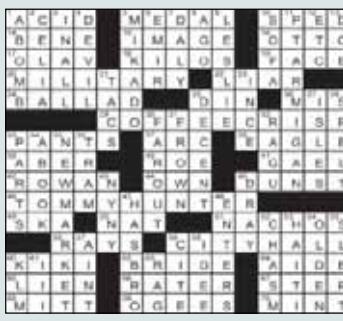
Crossword: Canada Across and Down



Down

- 1. Pampering places
- 2. Othello villain
- 3. Grey, in Germany
- 4. Grunge greats
- 5. "Ahoy, __!"
- 6. Apple songs
- 7. School terms, for short
- 8. Scottish hat
- 9. Particular pen
- 10. 'C' in SPCA
- 11. Ricky Martin smash: "Livin' La Vida __"
- 12. Approves, quick-style
- 13. Month segments

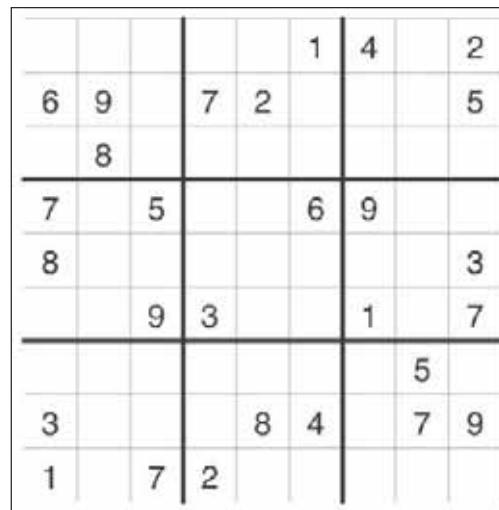
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY

MAX: 14°
MIN: 2°MAX: 10°
MIN: 6°MAX: 11°
MIN: 2°

MICHELE MCDOUGALL
WEATHER SPECIALIST

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	2011 MAZDA 2 STK#11A2988	
	2010 MAZDA 6 GS STK#10A4644	\$9,988
	2010 DODGE AVENGER R/T #10A6644	\$12,988
	2011 SUZUKI SX4 #11T1135	\$14,988

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	2011 RAM 1500 CREW 4X4 SLT HEMI STK#11B9327	\$22,988

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	2010 KIA SOUL 4U #10A6105	\$12,988
	2012 DODGE CHARGER #12B7861	\$16,988
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	2012 GMC 1500 CREW 4X4 SLE Z71 #12B419	\$26,988
	2012 FORD F150 CREW 4X4 XLT #12B6152	\$26,988
	2012 RAM 1500 CREW 4X4 SLT HEMI #12B3577	\$32,988
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CLEAROUT: \$20,568

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Reg: \$42,564 Discount: \$8,574

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CLEAROUT: \$45,990

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Keith Bedard



Cindy Duchene-Giroux



Ron Blonar



Brad Leyden



Derrick Kato



Dave Welsh



Paul O'Mara



Mauricio Roa



Eddie Yehia



Len Novak

**ALL OUT
CLEAROUT**



#9248

**NEW 2013
RAM 1500**

Reg: \$29,264
Discount: \$9,274

CLEAROUT: \$19,990 OWN ME \$117 B/W



#8179

NEW 2013 RAM 1500 LONGHORN CREW 4X4

Reg: \$60,699 Discount: \$16,709

CLEAROUT: \$43,990

OWN ME \$257 B/W



#6362

NEW 2013 RAM 1500 LARAMIE 4X4 8-SPEED

Reg: \$55,699 Discount: \$16,709

CLEAROUT: \$38,990

OWN ME \$228 B/W



#5062

NEW 2013 RAM 1500 QUAD SLT 4X4

Reg: \$47,344 Discount: \$16,354

CLEAROUT: \$30,990

OWN ME \$181 B/W



#7853

NEW 2013 RAM 2500 POWERWAGON CREW 4X4

Reg: \$61,424 Discount: \$16,434

CLEAROUT: \$45,990

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#8733

NEW 2013 RAM 2500 CREW 4X4 SXT

Reg: \$50,189 Discount: \$14,199

CLEAROUT: \$35,990

OWN ME \$210 B/W



#9671

**NEW 2013 RAM 3500
CREW 4X4 SXT**

Reg: \$52,314 Discount: \$15,324

CLEAROUT: \$36,990

OWN ME \$216 B/W



#8010

NEW RAM 3500 LARAMIE MEGACAB CUMMINS 4X4

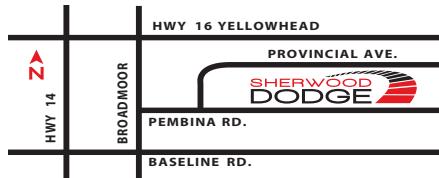
Reg: \$75,429 Discount: \$17,439

CLEAROUT: \$57,990

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Disclaimer: All prices are net of GST and include all dealer discounts and manufacturer rebates. File photos used, vehicles may not be exactly as illustrated. Payments based on 96 month finance term at 4.99% and are oac. IE: 2013 Dodge Durango SXT AWD for \$34990, \$204 b/w for 96 mos. with cob \$7392. Truck prices include a \$1500 loyalty rebate, proof of current truck ownership required – see dealer for further clarification. Please contact us with any questions on terms or pricing.



SALES HOURS:
Monday-Thursday 9AM – 9PM;
Fri. 9am-6pm; Sat. 9am-6pm;
Sun. 11am-4pm